

I claim:

1. A system for whitening teeth, comprising the combination of:  
a mouth piece with a face end and a rear end and having an oval shape between  
5 the face end and the rear end with an oval shaped opening therethrough, the mouth piece  
being insertable into a mouth of a user with the rear end adjacent to abut against root  
edges of upper and lower frontal teeth for exposing the upper frontal teeth and lower  
frontal teeth of the user; and  
a light source for beaming light onto the exposed upper front teeth and the  
10 exposed lower frontal teeth for bleaching the exposed upper frontal teeth and exposed  
lower frontal teeth over time and while protecting the upper and lower gums of the user  
from the light source..
2. The system of claim 1, wherein the mouthpiece includes:  
15 an elongated oval length with a concave curved edge for abutting against the  
upper and the lower frontal teeth root edge portions of the user.
3. The system of claim 1, wherein the mouthpiece includes:  
an upper half portion for pushing an upper lip of the user to expose the upper  
20 frontal teeth, and a lower half portion for pushing downward a lower lip of the user for  
exposing the lower frontal teeth of the user.
4. The system of claim 3, further comprising:  
a raised edge about the face end of the mouth piece for keeping the upper lip and  
25 the lower lip in an open state.
5. The system of claim 1, wherein the mouth piece is plastic.

6. The system of claim 1, further comprising:  
a kit including a whitening agent for being placed on the upper and lower frontal teeth prior to the light source.

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7. The system of claim 1, wherein the light source includes:  
a nonlaser ultraviolet light source that emits within the range of approximately 200 nm to approximately 400 nm.

- 10 8. The system of claim 7, wherein the light source includes:  
a body suntan lamp wherein the user receives a suntan while whitening the upper and the lower frontal teeth

9. The system of claim 7, wherein the light source includes:  
15 natural sunlight for simultaneously tanning the user while whitening the upper and the lower frontal teeth.

10. A method of whitening teeth, comprising the steps of:  
positioning a mouthpiece into a mouth of a user for exposing upper and lower  
20 frontal teeth of the user; and  
whitening the upper and lower exposed teeth from a light source while receiving a body tan from the light source.

11. The method of claim 10, wherein the positioning step includes the step of:  
25 placing a rear end of the mouth piece against root edges of the upper and lower teeth so that the mouthpiece protects upper and lower gums of the user during the whitening step.

12. The method of claim 10, wherein the positioning step further includes the steps  
of: pushing an upper lip of the user upward to expose the upper frontal teeth; and  
pushing a lower lip of the user downward to expose the lower frontal teeth.
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13. The method of claim 10, wherein the whitening step includes the step of:  
applying ultraviolet light in a range of approximately 200nm to approximately  
400nm from a nonlaser light source as the light source for the body tan.
- 10 14. The method of claim 10, further comprising the step of:  
magnifying the light source by reflective walls surfaces inside of the mouthpiece  
for enhancing the whitening of the upper and the lower frontal teeth.
- 15 15. The method of claim 10, further comprising the step of:  
biting down on a bite tab attached to the mouthpiece so that the mouthpiece  
remains secure and stationary within the mouth of the user.
16. The method of claim 10, further comprising the step of:  
focusing the light source from a front end of the mouthpiece by inwardly flared  
20 sidewalls during the whitening step.
17. A mouth piece for use with whitening upper and lower frontal teeth within a  
mouth of a user, comprising:  
an oblong and oval shaped frame having a face end and a rear end for being  
25 inserted into the mouth so that the rear end is positioned adjacent root edges of the upper  
and lower front teeth of the user, and the face end of the frame allows light to reach the  
upper and lower front teeth.

18. The mouthpiece of claim 17, wherein the rear end includes:  
a concave curved edge for abutting against the upper and lower frontal teeth root edge portions of the user.

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19. The mouthpiece of claim 17, wherein the mouthpiece includes:  
an upper half surface portion for pushing an upper lip of the user to expose the upper frontal teeth, and a lower half surface portion for pushing downward a lower lip of the user for exposing the lower frontal teeth of the user.

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20. The mouthpiece of claim 19, further comprising:  
a raised edge about the face end of the mouth piece for keeping the upper lip and the lower lip in an open state.

15 21. The mouthpiece of claim 17, wherein the frame is plastic.

22. The mouthpiece of claim 17, further comprising:  
reflective inner wall surfaces in the mouthpiece for magnifying effects of a light source.

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23. The mouthpiece of claim 17, further comprising:  
a bite tab attached to and protruding inside the mouthpiece for allowing a user to bite down on the bite tab to secure the mouthpiece in a fixed position.

25 24. The mouthpiece of claim 17, further comprising:  
sidewalls inwardly flaring from the face end to the rear end so the light is focused onto substantially all the upper and lower frontal teeth when whitened by the light.